



May 2013

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Staff Joins Va. Run for the Fallen — Page 7

## NMCP Helps Kick Off 'Get Healthy Portsmouth'

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth staff had a big presence April 27 at the kick off of the Get Healthy Portsmouth initiative, a yearlong challenge to those who live, work or visit



CSADD members walk as a group during the 1.5-mile walk, proudly displaying their Steering Sailors in the Right Direction banner.

Portsmouth to eat healthy, get active and lose weight. Started by Portsmouth mayor Kenneth Wright, the goal is for a collective weight loss of 500,000 pounds citywide.

About 50 Coalition of Sailors Against Destructive Decisions members participated in the 1.5-mile walk, complete with CSADD banner, as Rear Adm. Elaine C. Wagner, NMCP commander, helped lead the walk alongside the Portsmouth mayor. At least 20 other active-duty and civilian staff participated in the walk on their own.

"This participation is important because we should be role models for healthy living, and we should be encouraging all to be healthy," said Wagner said. "NMCP and the community have been very supportive of each other. We promote health care and healthy living, and it's great to work with the local partners where we call home."

"The turnout was great, not only military but civilian staff as well," said CMDCM (SW/AW/FMF) Michael James, NMCP command master chief. "We had great support from the command in staffing the booths from various clinics and all the CSADD members who took part in the walk."

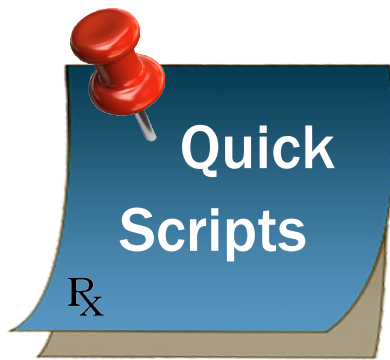
— See **HEALTHY**, Page 15

## Master Chief Theatre Returns



Photo by MC1 (SW/AW) Steven J. Weber

The evening chill April 26 must've kept a lot of people home, but those who braved the low temperatures enjoyed a beautiful night under the stars. The occasion was the Master Chief Theatre presentation of the Academy Award-winning "Life of Pi" at the NMCP ball field. The movie started after sunset for a fun Friday night. Free admission and free popcorn just can't be beat.



## USA JOBS Application Process Lunch and Learn

The BUMED Human Resources Office is sponsoring a Lunch and Learn session on the "USA JOBS Application Process" for civilian personnel. Classes will be held on Tuesday's and Thursday's from noon – 12:30 on the following dates: May 14, 16, 21, 23 and 30, and June 4, 6, 11, 13, 18, 20 and 25.

Those who would like to attend one of these sessions should contact Sharon Caine at 953-5766 or Valerie Perry at 953-5831. The maximum number for each training session will be 20 persons. Sign up early to reserve a seat.

## Asian Pacific Islander Heritage Month Celebration

Join the Command Diversity Committee in the Asian Pacific Islander Heritage Month Celebration. A special

meal will be offered in the galley Tuesday, May 28. The menu is lechon (roasted pig), chicken tocini, lumpia with chili sauce, shrimp pancit, steamed rice, fried rice, oriental stir fry vegetables, fried cabbage and egg drop soup.

The command celebration is Wednesday, May 29 at 11 a.m. in the main chapel, Bldg. 3, Deck 2. The special guests are HMCN Pete Villanueva who will speak, and Mizuki Hamada, who will play the Koto. Hamada is a native of Japan and lives in Virginia Beach. She has been instructing koto music privately for 10 years and offering a group class at Old Dominion University Community Music Division since 2005.

## 2013 Hospital Corpsman Ball

The 2013 Hospital Corpsman Ball is June 14 from 6 – 11 p.m. at the Sheraton Waterside Norfolk. Tickets are on sale Monday – Friday, 11 a.m. – 1 p.m. near

the Navy Exchange in Bldg. 3 until June 7.

## Hurricane Season Nears

The National Oceanic and Atmospheric Administration is predicting an active hurricane season, with as many as six storms making landfall in the U.S., double the average. Now is the time to inventory hurricane survival kits and update them, or create a new one.

For more information about checklists for survival kits and storm survival tips, visit [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes).

For up-to-date weather and storm tracking, visit the National Hurricane Center at [www.nhc.noaa.gov](http://www.nhc.noaa.gov).

## Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email [tidewater.oakleaf@gmail.com](mailto:tidewater.oakleaf@gmail.com)

NAVAL MEDICAL CENTER  
PORTSMOUTH IS ON  
FACEBOOK AND TWITTER

facebook

[www.facebook.com/  
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)

<http://twitter.com/NMCP1>



## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

[NMCPombudsman@med.navy.mil](mailto:NMCPombudsman@med.navy.mil)  
or  
(757) 953-1973

THE  
COURIER

COMMANDER

**Rear Adm. Elaine C. Wagner**

DEPUTY COMMANDER

**Capt. James L. Hancock**

COMMAND MASTER CHIEF

**CMDM (SW/AW/FMF) Michael James**

PUBLIC AFFAIRS OFFICER

**Deborah R. Kallgren**

DEPUTY PUBLIC AFFAIRS OFFICER

**Rebecca A. Perron**

STAFF JOURNALISTS

**MC1 (SW/AW) Steven J. Weber**

**MC2 Nikki Smith**

**MC2 (SW) Anna Arndt**

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil).

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.



# Staff Encouraged to 'Keep What You've Earned' during Alcohol Awareness Month

By MC1 (SW/AW) STEVEN J. WEBER  
NMCP Public Affairs

In a continual effort to limit the number of staff who is involved in an alcohol-related incident, Naval Medical Center Portsmouth hosted a workshop called "Keep What You've Earned" on April 29 during Alcohol Awareness Month.

The new Navywide KWYE campaign encourages responsible drinking among Sailors by celebrating the achievements in their Navy careers. Through recognition of their hard work and dedication, Sailors are reminded of their accomplishments – and how much they have to lose if they make poor choices regarding

alcohol. The campaign actively engages Sailors as advocates for responsible drinking.

The workshop had several sessions aimed at situations that could lead staff to abusing alcohol or drinking and driving, such as stress management, personal communication and suicide prevention. Victim advocates from Mothers Against Drunk Driving shared their experiences with losing a loved one to a drunk driver.

"When I have asked junior Sailors about what to do to reduce alcohol abuse and gear up prevention, the answer has usually been 'take care of the root problems,'" said Lt. j.g. Victoria Holzapfel, NMCP's Command Drug and Alcohol Program advisor. "If we can dig into the root of what is causing their drinking

and abusive patterns and behaviors, then I think maybe we can do some good."

Life Skills facilitator Julie Hughes from Norfolk's Fleet and Family Support Center started the session by addressing suicide prevention, first covering the warning signs and offering resources to get help. Then she invited audience members to act out in scenarios, Hughes herself portraying the role of a distressed person.

Each scenario, although serious in subject, included a bit of humor as Hughes overacted her role, ultimately driving home the importance of paying attention to those who may be in distress and contemplating suicide, a common

result of alcohol abuse. Hughes' goal was to test how each person handled the situation.

"It was more intense when you are up there and she is speaking to you, because it seems more personal," said Engineman 3rd Class Megan Gantt after acting out a scene with Hughes. "It was eye-opening to me. There were more warning signs that I thought there were, so I will have to keep my eyes open in the future."

During the second portion – Personal Communication – Hughes suggested effective ways to communicate to others, especially by not putting others on the defensive. Through more scenarios, she pointed out how body language, voice tone, inflection and volume could affect what comes across to your listener, even contradicting the spoken words.

The last portion of the Hughes' training was stress management. This session taught healthier ways to reduce their stress and how to better deal with that stress.

Just prior to the stress management session, MADD victim advocates Bob and Kaye Walsh spoke about their 32-year-old daughter, Robin, who was hit and killed by a drunk driver in 1997. Their gut-wrenching story included the details of Robin's car being T-boned and her being killed upon impact. They displayed the clothes Robin was wearing when she was killed, clothes that had to be cut off by emergency responders who attempted to save her life.

They have been telling their story since her death, which includes about 40 to 50 presentations a year for the Navy.

"We feel very strongly about getting the word out to Sailors, about what can happen to them, what they can do to someone else if they are not careful," Bob Walsh said.

"If we can change one person's mindset about not drinking and driving, then every trip is worthwhile," Kaye Walsh said. "We have been told that that there has been a 30 percent reduction in DUI incidents since Bob and I started doing



Photo by MC2 (SW) Anna Arndt

**Julie Hughes, a life skills educator from Norfolk's Fleet and Family Support Center, acts out a scenario with EN3 Megan Gantt during the Suicide Prevention class. During the scenario, Hughes tests Gantt's reaction to Hughes' being suicidal over the breakup of a relationship.**

— See **KEEP**, Page 5

# Holocaust Survivor Recalls Experiences during Observance

STORY AND PHOTOS  
BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Naval Medical Center Portsmouth observed the Holocaust Day of Remembrance April 17 in the chapel, featuring a portion of the Holocaust Commission's film "What We Carry" and guest speaker Kitty Saks, a survivor featured in the film.

Capt. James Hancock, NMCP acting commander, prepared the audience of several hundred for a somber journey back to the dark days of World War II in Europe. It was a time when Jews were routinely rounded up and sent by train and cattle car to prison camps, and for many, to their death. Six million deaths. The Holocaust.

"We have to take the time to remember," Hancock said. "Take time out of your day and think back about what was given by so many people. We have to make sure we have accountability in the future so atrocities like these can never happen again."

The program included the Holocaust Commission's documentary – "What We Carry" – that includes interviews with Hampton Roads residents who survived

the Holocaust. Survivors who were children in the 1940s are now elderly. Many have died.

"For over 25 years, the Holocaust Commission Speaker's Bureau has provided survivors to speak in schools, military organizations, and community groups," said Elena Baum, director of the commission. "Not long ago, we realized we had to do something to preserve these stories, because the world is rapidly losing its survivors. We felt a commitment to develop the best program possible to allow us to preserve their stories."

The film has four parts, but only a portion was shown – the stories of four local survivors, two of whom have died since the making of the film. Throughout the showing, Baum expounded on details of Saks' experience that were mentioned in the film.

Saks was born in Vienna where she lived with her parents and grandparents. When Germany invaded Austria, an officer in the Wehrmacht (German armed forces) took their home. Saks' family fled, crossing the border into Belgium. Her father crossed the border first and after



**Kitty Saks holds a replica of the doll she kept with her as a child when she was in hiding in Brussels, Belgium, during World War II.**

a number of failed attempts, Saks, then 6, and her mother were able to rejoin her father in Brussels.

When Saks was nine, her physical education teacher convinced her parents that in order to survive she must be moved to a Catholic orphanage. A Jew, she had to take on the appearance of a Catholic child, adopt a French name, wear a crucifix, and move from convent to convent and orphanage to orphanage. It was a wrenching decision that many Jewish families had to make to try to save their children from starvation, disease and death in prison camps.

The audience riveted, Saks explained that after hiding in seven convents and being protected by brave nuns, she was finally free. In September 1944, British troops entered Brussels and liberated Belgium from the Nazis. Saks was lucky. Unlike many, she was reunited with her parents who had survived in hiding not far from the orphanage where Saks was located.

Still, Saks lost 27 members of her family in the Holocaust. With Europe in



**Holocaust Commission member Elena Baum introduces the commission's film "What We Carry" during the Holocaust Day of Remembrance at NMCP April 17. The film features Kitty Saks and other Hampton Roads residents who survived the Holocaust.**

— See **HOLOCAUST**, next page





**Kitty Saks with a display of items she kept with her – some replicas, some original items - including a doll, a cloth Star of David, a rosary, photos, letters and clothes.**

#### **HOLOCAUST** — *Continued from previous page*

ruins and relatives in Norfolk, Saks and her parents sailed to the United States and began new lives in Virginia.

"I started talking about it right away," Saks said. "I have been talking about the Holocaust since 1951 at summer school at Granby High School. But it doesn't get any less painful."

"First-person accounts are the heart and soul of the unimaginable tragedy that is the Holocaust," said Lisa Rosenthal, the

NMCP Diversity Committee member who organized the event. "To look into someone's eyes as they are recounting inconceivable degradation and horror is unforgettable. What happens when survivors are no longer alive to share their stories? Who will teach the lessons of the Holocaust to future generations – so that truth can continue, questions can be asked and history cannot be rewritten? So our program today is a multimedia presentation that lets Holocaust survivors stories live on after they are no longer able to present them in person."

The film poses larger questions, Rosenthal said, including what can we learn from the Holocaust in relation to today's world; where do we see injustice, intolerance, religious, ethnic and gender persecution in the world at large and in our local community; what are the dangers of doing nothing or turning a blind eye; and where have other genocides been perpetrated, or worse, are occurring today throughout the world?

"Understanding the dangers of discrimination, peer pressure, unthinking obedience to authority and indifference and the moral decisions we make in our own lives can make a difference," Rosenthal added.

Saks invited questions from the audience, who could also examine suitcases filled with replicas of items survivors might have carried with them as they were rounded up or fled the Nazis. They had little time to pack and could take only so much to remind themselves of happier times. Saks' suitcase included a doll, a cloth Star of David (like those the Nazis forced Jews to wear), a rosary, some photos, letters and a few clothes.

#### **KEEP** — *Continued from page 3*

this, so our daughter is still busy."

While the suicide prevention scenarios were acted out and staff listened to Robin's tragic story, representatives from several organizations set up tables outside the auditorium to encourage staff to find alternate solutions to potential problems and recreational activities other than drinking.

They include Coalition of Sailors Against Destructive Decisions, Substance Abuse Rehabilitation Program, Sexual Assault Prevention and Response, the Mentorship Committee, the Junior Enlisted Association, Morale, Welfare and Recreation and the command DAPA.

"What we were doing, by representing CSADD, is promoting being responsible if you decide to drink," said Hospital Corpsman 3rd Class Andrew DeCamp, CSADD member. "Everyone should always have a plan to get home and be smart whenever they are drinking."

The day of training and information was a great opportunity for Sailors to prepare to make better decisions when faced with a difficult situation and prevent them from getting into trouble that could affect them and others for the rest of their lives.

"I hope Sailors will take home that there are different ways



Photo by SN Bradley Shadowens

**HM3 Elizabeth Green looks at an Alcohol and Combat Stress pamphlet offered at the Coalition of Sailors Against Destructive Decisions table, which was staffed by HM3 (SCW) Andrew DeCamp.**

to cope, other than just drinking," Holzapfel said. "There are organizations that staff can get plugged into for positive alternatives to alcohol abuse or just drinking."

# Ghana Native's Quest for Master's Degree Results in MSC Commission

STORY AND PHOTOS  
BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Lt. j.g. Edward W. Agbevey, a Ghana native and former hospital corpsman 3rd class, was commissioned into the Medical Service Corps May 3 at Naval Medical Center Portsmouth while surrounded by his mentors, family and co-workers.

Agbevey earned his commission after completing a Master's in Public Health Management and Policy Administration with Eastern Virginia Medical School in 2012. He had been assigned to NMCP since 2010 as a surgical technician.

"When I was selected, I felt relieved and overwhelmed," Agbevey said. "I cried tears of joy. My wife was praising God. I am looking forward to being able to bring back my knowledge in accounting and management as an officer."

Cmdr. Kimberly Davis, director for Surgical Services, and Ensign Fred Nti, a

former NMCP staff member who was commissioned into the MSC in 2012, and Agbevey's wife, Lucky, placed his shoulder boards, while his 2-year-old daughter, Serena, presented him with his new cover. Agbevey also received a Navy Achievement Medal during the ceremony.

Cmdr. Maria Norbeck, Operative Support Department assistant head, gave the oath of office to Agbevey.

"Those of you who know and have worked with HM3 Agbevey would agree that conscientiousness is an obvious personal motivation for him," Norbeck said. "It's his conscientiousness that will smooth any rough spots that will invariably spring up in his path as he embarks on this endeavor."



**Lt. j.g. Edward Agbevey's combination cover is placed on his head by his daughter, Serena.**

Agbevey's commissioning is the most recent success in a journey that began six years ago. Agbevey came to the United States at age 31 to complete a master's program in accounting, leaving behind his life teaching math, science and accounting to middle and high school students.

Agbevey joined his two sisters who had come to America on scholarship for degrees in the medical field. To help with costs, he joined the Navy in 2007 for the G.I. Bill benefits. He also changed his mind about the master's degree, deciding instead to pursue an MPH. Accounting is a field several in his family work in – he already had a Bachelor in Accounting from the University of Education, Science and Technology in Kumasi, Ghana – other family members work in the health care field.

"I (selected hospital corpsman because I) wanted to be able to help those on the frontline medically," Agbevey said. "I have a passion for the medical industry, and that's what has brought me to this point today."

Agbevey completed hospital corpsman "A" school in December 2007 and then surgical tech "C" school at Naval School of Health Sciences, San Diego, where he became a naturalized citizen before being stationed at Naval Hospital Yokosuka,



**Lt. j.g. Edward Agbevey has his shoulder boards placed by his wife, Lucky, his daughter Serena, Cmdr. Kimberly Davis, director for Surgical Services, and Ensign Fred Nti, a former NMCP staff member who was commissioned into the Medical Service Corps in 2012 and mentored Agbevey throughout the application and commissioning process.**

Capt. David Collins, director for Administration, was the guest speaker and presented him the NAM.

"This commissioning ceremony is something he has worked for for a long time and that he will remember for the rest of his life," said Collins. "Becoming an officer is going to be a huge change in his naval career and a huge change in his family's life, so it's a big deal."

— See **COMMISSION**, next page



# NMCP Staff Remembers Heroes during Virginia Run for the Fallen

BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Only serious runners need apply: Eight Naval Medical Center Portsmouth and Navy Medicine East staff ran up to 101 miles during the Virginia Run for the Fallen from May 2 – 5. The group of 18 runners each ran varying amounts, but one mile was dedicated to every Virginia fallen service member – those who were from Virginia or stationed in Virginia – who died while serving since Sept. 11, 2001.

In some cases, a specific mile was dedicated to a group, such as a SEAL Team that died in a helicopter crash or those who died during the USS Cole bombing. In all, the group ran 236 miles in honor of 325 heroes. Runners were required to be able to run an eight-minute mile for an hour or for six consecutive miles.

The run, which began at the lighthouse at Joint Expeditionary Base-Fort Story in Virginia Beach and concluded with a special ceremony in Section 60 of the Arlington National Cemetery, was organized by George Lutz. Lutz, the director and founder of Honor and Remember, Inc., lost his son, Cpl. George A. Lutz II, to a sniper's bullet in Fallujah, Iraq,

in 2005. Since then, Lutz designed the Honor and Remember flag and has dedicated much of his time to ensuring the nation does not forget the sacrifice of all Americans who died serving their country.

"The purpose of the run was to honor and remember all those who have made the ultimate sacrifice for all the freedoms that you and I live for every day," said Senior Chief Hospital Corpsman Christopher Cwiklinski, from Navy Medicine East Human Capital Management Department. He ran 101 miles "to honor and give thanks to the family members as well.

"It's important that we not forget those who have fought and died for this country. It's important that their memory lives on and that their sacrifices are not forgotten."

The fast pace was maintained throughout the run to meet specific times to place each mile's Hero Marker.

"During the four-day run, at every

mile, we would stop to read off a name, where the person was from, and the date of their death," said Hospitalman Andrew Barry, Internal Medicine Clinic, who ran 57 miles. "We would then plant the American flag at our pre-planted mile marker and we would all salute it and move on to the next mile. Some mark-



Photos by George Lutz

**The 18 runners who participated in the first Virginia Run for the Fallen, May 2 – 5. They ran one mile for every Virginia service member who has fallen since Sept. 11, 2001.**

ers had more than one name, where they died as a group."

Frequently, family and friends of those who the mile was designated for were there for the ceremony.

— See **FALLEN**, Page 9

## COMMISSION — Continued from previous page

Japan, in August 2008, working in the Main Operating Room Obstetrics and Gynecology Division.

Agbevey was finally able to begin working toward the master's degree when he transferred to NMCP in September 2010. But that did not keep him from excelling as a corpsman while assigned to NMCP's Main Operating Room Orthopedic Division.

He assisted in 400 joint replacements and was instrumental in the command becoming the first military installation to be accredited as a Joint Surgery Center. Using his accounting experience, he was also the division's supply leading petty officer, managing \$3.2 million in equipment and 300 material line items.

Agbevey said he learned to cope with juggling work and school at this same time his family was expanding. Agbevey and Lucky

married in 2006, but she remained in London while he was stationed in Japan. Both relocated to the U.S. in 2010, and they to their family with the birth of their second child three weeks ago.

But Agbevey is not ready to stop yet, maybe just slow down a little.

"I have begun a Doctoral Degree in Health Services Research with the Medical University of South Carolina and will be done with my first year at the end of the summer," Agbevey said. "I will report to Officer Development School in Rhode Island on May 12, and Field Medicine Officer Training in Camp Lejeune, then report to the 2nd Medical Battalion at Camp Lejeune in July. I think I'll only take one class at a time, maybe take two or three years to complete the doctoral degree."

Agbevey plans to do his doctoral thesis on reducing health care costs, and hopes to move his career in that direction after completing the degree.

# NMCP Stays Mission-Ready with CBRN Training

By HM3 JAMIE ZAMORA  
NMCP Public Affairs

Naval Medical Center Portsmouth trained 25 staff members to respond to Chemical, Biological, Radiological and Nuclear Weapon attacks, April 22 – 25, a course the medical center holds to make sure its staff is prepared to handle such emergencies.

With the recent explosion in West, Texas, and the ricin-laced letters sent to officials in Washington, D.C., and Mississippi, it's important for those in the medical community to keep their skills sharp. As Hospital Corpsman 3rd Class Michael Sperry, NMCP's Ambulatory Infusion Clinic staff and student in the course, said, "There's no use in being scared. The only thing to do is be prepared."

Preparedness is a principle that was built into the foundation of NMCP, and that's why twice a year, the multi-day course teaches staff to respond quickly and appropriately.

"This training is important because part of our mission requirements are that we have 118 people for the emergency response team," said Laurence Melvin, current operations chief. "So in the event that something happens, we want to have a decontamination team that can safely decontaminate our patients so we can treat them safely in our hospital and not put our staff at risk. It is good to have the training for our mission capability and, more importantly, for taking care of our patients the best we can."

The course, led by Theresa Casey, a CBRN instructor and consultant, trains the volunteers, corpsmen and non-medical



Photo by MC2 (SW) Anna Arndt

**Theresa Casey, a CBRN instructor and consultant, instructs the Chemical, Biological, Radiological, and Nuclear Weapons course students on how to properly treat a litter bound casualty.**

personnel how to rapidly respond to an event, minimize the effect of the attack and save lives.

She explained to the students that if something were to happen, people would rush from the affected area to the medical center, a place where they can get care. But before they can enter the Emergency Room and endanger the lives of the staff in the Emergency Department, those who are potentially contaminated would first need to be triaged and decontaminated by first receivers outside.

On the first day, the students set up the decontamination equipment to determine if there were any field repairs needed. If so, they learned to make those repairs and how to maintain the equipment.

The second day of training was the didactic phase - eight hours in the classroom learning the Occupational Safety and Health Administration recommended guidelines for becoming first receivers. They learned about the different agents and how to recognize the symptoms associated with each of them.

The third day was hands-on training. Students dressed in protective gear and set up the decontamination station behind the Emergency Room. During training, they must complete the tasks within 20 minutes, the requirement in a real emergency. They then triaged simulated patients and thoroughly decontaminated them using the proper equipment. They learned the proper water temperature needed to maximize decontamination without scalding the patient.

"The desired outcome would be that these 25 folks feel very comfortable with their capability if something happened," Casey said. "For example, a ricin incident or an anhydrous ammonia explosion. We've had two examples in the past week where this knowledge would have been very useful for a community hospi-



Photo by MC2 (SW) Anna Arndt

**Students of NMCP's Chemical, Biological, Radiological, and Nuclear Weapons course help each other correctly don their HAZMAT suits during a drill.**

— See CBRN, page 11



**FALLEN** — *Continued from page 7*

"Families would be at markers for their loved ones along the way, and when you ran up on a marker where the family had shown up, it was pretty emotional," Barry said. "It made things even more real that this was a son, daughter, husband, father, wife, whatever the case. At one mile marker, there was a nine-year-old girl who read a poem about her father. It wasn't just important to us to remember, but to be there for the families and to see the amount of appreciation they had that we were running for them as well. They weren't forgotten."

This was the first year for the run in Virginia. It has been an annual event in New Jersey.

"All of us wanted to participate for different reasons," Barry said. "Some were running because they had lost close friends. A lot of us ran because of the physical challenge, along with running for the cause. I personally ran because it was the best way I could give back as well as challenging myself physically in a way I never had before."

"The run was definitely grueling, but remembering who and why are running made you want to keep going," said Hospital Corpsman 3rd Class Brenden Bickel, Infectious Disease and Travel Medicine, who ran 65 miles. "I ran with a great group of people, which helped make every mile enjoyable. After the run, I couldn't even believe our journey was over. It was a moving experience that I will carry with me for the rest of my life."

Next year's run is already being



**Virginia Run for the Fallen participants salute an American flag they planted next to a Hero Marker with the photo of a service member who was a Virginia native or stationed in Virginia, and had died since Sept. 11, 2001.**

planned and many of the runners have said they plan to participate again in the future.

"I felt a tremendous sense of pride," Cwiklinski said. "You go through a lot of emotions over the course of four days. For me, having the chance to meet and talk with family members was a

very humbling experience. You know that you can never say anything that can replace or maybe ease the emotional pain, but to see the tremendous gratitude from the families and just knowing that you were a part of so special is an experience of a life time."

**HN Andrew Barry, from the Internal Medicine Clinic, reads the name, home town and date of death at a Hero Marker during the Virginia Run for the Fallen.**



## NMCP 'Takes Back' Prescription Drugs; 66 Pounds Turned In

BY DEBORAH KALLGREN  
NMCP Public Affairs

The Naval Medical Center Portsmouth pharmacy collected 57 percent more expired and unused prescription drugs on April 27 than it did on the previous Drug Take-Back Day.

Approximately 20 people cleaned out their medicine cabi-

nets and turned in 66 pounds of prescription drugs to the pharmacy. This was the fourth time NMCP's pharmacy participated in this activity. The previous Take-Back Day in September 2012 yielded 42 pounds of prescription drugs.

The medical center partnered with the Drug Enforcement Agency to provide a site where people can safely dispose of old prescription drugs, rather than flushing them down the toilet or sending them to the landfill. According to the DEA, more than 371 tons of prescription drugs were turned in nationwide during the April Take-Back event.

# Annual Screening Shines Light on Skin Cancer

STORY AND PHOTOS BY MC2 NIKKI SMITH  
NMCP Public Affairs.

Service members have a lot of risk factors for skin cancer, and that's among the reasons Naval Medical Center Portsmouth's Dermatology Clinic held a Skin Cancer Rodeo May 6 – 9 to lower the incidence of skin cancer among its beneficiaries.

The Skin Cancer Rodeo coincided with National Skin Cancer Awareness Month and made it easy for patients to schedule appointments with the clinic directly without needing a referral from their Primary Care Manager. 190 patients received screenings, and 88 biopsies were conducted.

"We're here trying to raise awareness," said Lt. Cmdr. Michelle Walters, an attending dermatologist at NMCP's Dermatology clinic. "The best chance of treating your skin cancer is finding it early. Navy, Marines and Army members have an increased risk

of skin cancer. We have a population of patients who are out in the sun a lot. People are doing a lot of recreational events, tanning and spending time on ships. Skin cancer is on the rise, and if we can catch it early we can do much more for you than if we catch it too late."

The American Academy of Dermatology says two million Americans are diagnosed with skin cancer each year. The rodeo's aim was to reduce that number.



**Lt. Cmdr. Michelle Walters, right, an attending dermatologist in NMCP's Dermatology Clinic, examines a growth on Margaret Zurschmit, active duty spouse, during the medical center's Skin Cancer Rodeo May 9.**

Patients were screened, and if suspicious growths were noticed, biopsies were conducted and sent to the lab for analysis. The swiftness of the biopsies ensured that any malignant growths were identified early for quick treatment. Whether the results are benign or malignant, each patient will know the results in about two weeks.

People came to the event for many reasons. Some were concerned about spots on their skin, while others wanted the peace of mind the exam would offer them.

"I just wanted to make sure everything was ok," said Margaret



**Nurse Practitioner Wil DeLorme, left, NMCP Dermatology removes two growths from Deborah Simon, right, during NMCP's Dermatology Clinic's Skin Cancer Rodeo May 9 with the assistance of HN Alejandra Gavira, Branch Health Clinic Norfolk's Dental Clinic. The Skin Cancer Rodeo allowed patients to have growths biopsied and removed following their skin cancer screening.**

Zurschmit, a dependent. "I was able to call the clinic directly and make an appointment, and they got me in right away. I had some spots I was concerned with, but I also just thought it would be good to get a full skin-cancer screening. I think this whole thing is great! I would definitely recommend it to anyone, and have already told one of my co-workers that she should call and get in here as well. I am very pleased with how my day went. I didn't have to wait long, they were able to treat the one spot on my face so I didn't have to worry about coming back a second time. So, I'm just very pleased with today."

Dermatology providers and volunteers from other NMCP clinics rounded up for the rodeo with excitement. The week allowed for the staff members to see many patients back to back, while educating them about skin cancer and the importance of skin cancer preventative measures. Kevin Charles, physician assistant, Dermatology Clinic, talked with each patient about different types of skin cancer and how to recognize the symptoms.

Lt. Cmdr. Jonathan Glass, staff dermatologist, Dermatology Clinic, noted the influence that education can have on skin cancer rates.

"Skin cancer is on the rise," Glass said. "It's important to educate people on how to take care of their skin. As much as our job is to treat skin cancer, our other job is principally to prevent skin cancer. If you can educate one person to use sunscreen, and use it regularly, and take precautions against skin cancer, we're not going to have to cut on them when they're 50, or they are not

— See **SKIN**, next page





**Nurse Practitioner Wil DeLorme, center, of NMCP's Dermatology Clinic, shows George Shaheem the mole he removed from his right cheek May 9 during the hospital's Skin Cancer Rodeo. Shaheem said he was happy and relieved he was able to attend the rodeo and have his skin cancer concerns addressed quickly and painlessly.**

#### **SKIN** — *Continued from previous page*

going to have to undergo chemotherapy or other treatments. Skin cancer has an impact on peoples' lives, and while it may not be an immediate, in-your-face impact like some other diseases, it will impact your life.

"It's important that Sailors, Marines, Soldiers, Airmen and Coast Guardsmen understand that we have a lot of risk for sun exposure," Glass continued. "Chronic sunburns and sun exposure add up over time, and I don't think that skin is something

we should neglect. We should try to focus on preventing the skin cancer. It will have an effect on life expectancy and quality of life."

The American Academy of Dermatology says that more than 3.5 million skin cancers are diagnosed in more than two million people each year. One in five Americans will develop skin cancer in their lifetime, and by 2015, one in 50 will develop a melanoma in their lifetime. Melanomas are the deadliest form of skin cancer, but when caught early the cure rate is almost 100 percent.

With the sun shining more and more as summer approaches, NMCP Dermatology urges everyone to protect themselves from the sun: Use a broad-spectrum sunscreen, and wear long-sleeved shirts, pants and hats, when possible.

"Even if you don't come to dermatology, everyone should be doing their own skin cancer screening checks on themselves once a month or every other month," Walters explained. "Look at the moles you have or the spots you have on your skin to make sure nothing is changing. Look for the 'A, B, C, D and E's' – Asymmetry, Border Irregularity, Color, Diameter, Evolving – of melanoma, and if something is not healing for months, that can be other forms of skin cancer as well.

"We have seen a lot of melanomas rising in younger age groups. We've had people from ships and in their 20s getting melanomas, and that is the one that can kill you. So, we're definitely trying to make people aware of the risks. With the summer coming up, wear your sun block, the higher the SPF, the better. Make sure it has UVA and UVB protection and re-apply every two hours," said Walters.

#### **CBRN** — *Continued from page 8*

tal or a medical center. So these students – NMCP staff – need to feel comfortable and confident in their skills."

"She's probably one of the best instructors I've had in my naval career so far," Sperry said. "She's so knowledgeable, and really makes you get in there and learn the material so that it sticks with you. God forbid anything should actually arise that would cause us to use this training, but if it does, I feel we're ready and able to handle it. Not to mention, it's useful training that all Sailors can take with them to the fleet."

The 25 students who completed the first three days of the course were certified in Hazardous Waste Operations at the Operator Level. Training on the fourth and final day was for advanced first receiver operation training for response leaders at NMCP and area branch health clinics.

Because of this course, the medical center is always able to have well-trained teams on standby, and is ready and able to respond to whatever emergency may arise.

"At the end of the day, I hope the students realized the importance of CBRN and how prevalent it is right now in our society, and how people are using it more and more every day," Melvin added. "I hope they understand the importance of the team, the

importance of the mission and the teamwork that comes out of this training and knowing that it's needed more now than ever."



Photo by HM3 Jamie Zamora

**Two CBRN students check the water heater to make sure the connections were made and water is running through the system.**



# Bon Secours Virginia Health System CEO Visits

PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

The chief executive officer of Bon Secours Virginia Health System, Peter Bernard, and others from local Bon Secours hospitals visited NMCP May 2 to acquaint themselves with NMCP operations and practices with a focus on partnering. Rear Adm. Elaine Wagner, NMCP commander, greeted the group before they met with the Command Executive Board.

The group then toured the Simulation Center, the Wounded Warrior Patriots' Inn and Labor and Delivery. They also took a brief history tour of Bldg. 1.



Rear Adm. Elaine Wagner, NMCP commander, and Capt. James Hancock, NMCP deputy commander, meet with the chief executive officer of Bon Secours Virginia Health System, Peter Bernard, second from right, and other staff from Bon Secours hospitals May 2.



HM2 LaToya Small, Fleet Liaison, shows the Bon Secours staff a wall of photos and newspaper clippings of stories about the wounded warriors while they tour the Wounded Warrior Patriots' Inn.



Rear Adm. Elaine Wagner, NMCP commander, discusses NMCP operations with staff from Bon Secours during the meeting with the Command Executive Board.

## New Hampton VAMC Director Visits NMCP

PHOTO BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

The new director of the Hampton Veterans Affairs Medical Center, Michael Dunfee, and several staff visited NMCP April 29 to become familiar with NMCP operations that involve the partnership between the two medical centers. Rear Adm. Elaine C. Wagner, NMCP commander, greeted the group before they met with the Command Executive Board. The group toured the Simulation Center, the Operating Room, Women's Health, the Emergency Department and Orthopedic Clinic.



Capt. James Ritchie, Simulation Center director, explains to the Hampton VAMC staff how the mannequin's vital signs respond to simulated treatment while FC3 Nathan Haines, a simulation technician, performs CPR on the mannequin.



# National Nurses Week Highlights Importance of Nurses to NMCP Patients

BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

The celebration of the 105<sup>th</sup> birthday of the Navy Nurse Corps at Naval Medical Center Portsmouth on May 13 capped off National Nurses Week, May 6 – 12, which recognized NMCP's 1,265 nurses through career information and training, blessing of their hands and plenty of sweet treats.

The week brought together NMCP's Directorate for Nursing Services, Professional Nurses' Association and Civil Service Nurses Working Group which sponsored a different event each day dedicated to celebrating and educating nurses.

"I think it's a nice time to recognize nurses because a lot of the time we are the unsung heroes," said Capt. Mary Nunley, director for Nursing Services. "We're here because our patients are here, not the other way around. We learn from our patients and we educate them. We help prepare families and patients when there's not such great news. We help people accept death, and also physical limitations, and encourage them and inspire resilience."

"Nurses are indispensable, but I say that not just because I am one," said Lt. Nicholas Perez, chair of the PNA who assisted in organizing the week. "Nurses as a whole are the middle ground between the lower level assistance and the higher level medical provider. We are the people who join everything together."

Nurses are leaders and they can be teachers, counselors and spiritual guides, according to Perez.

"Spirituality is a big thing in what we look for as a whole and not just a medical diagnosis," Perez said. "Spiritual well-being,



Photo by SN Bradley Shadowens

**Keitra Bellard, an RN from Dermatology, takes a moment to appreciate the blessing of the hands with chaplain Cmdr. James Pittman, at the Civil Service Nurse Working Group cake cutting.**



Photo by MC2 (SW) Anna Arndt

**Lt. Shawna Grover, an Adult Clinical Nurse Specialist, reviews blood transfusions with Capt. Susan Pennebecker, the School of Nursing coordinator, during the National Nurses Week skills fair.**

social well-being, psychological well-being...nurses are a hand to hold, a shoulder to cry on. Depending on what the patient needs, the nurse fills that need to the best of their abilities. So this week is a chance for us to recognize nursing as a profession and nurses as a whole, especially for those who work day in and day out."

The week began with breakfast in the Neonatal Intensive Care Unit atrium, and two days included presentations about different nursing careers, such as clinical nurse specialist and nurse practitioner. The Skills Fair on Wednesday offered nurses about half a dozen stations to practice essential nursing skills, like placing IVs and administering blood products, before they were rewarded with an ice cream social.

There were also two cake-cutting ceremonies: one on May 10 to celebrate the Civil Service Nurse Working Group, which was in remembrance of Florence Nightingale, whose birthday is May 12; and the other in celebration of the Nurse Corps birthday on May 13. Each cake cutting concluded with the blessing of the hands.

Sandra Whittaker-Hill from Hematology Oncology and Evelyn Cooper from Day of Surgery made the first cut at the CSNWG cake cutting with Whittaker-Hill's husband's sword.

During the later cake cutting, Rear Adm. Elaine C. Wagner, NMCP commander, and other NMCP leadership read messages from the Navy surgeon general, force master chief, and chiefs of the Medical Corps and Medical Service Corps. The most junior and senior commissioned officers, Ensign Carolyn Higgins and Capt. Elizabeth Savage, had the honor of making the first cuts on the cake colorfully decorated with the Nurse Corps logo.



Photo by MC2 (SW) Anna Arndt

**From left, Ensign Youela Arrington, Ensign Sarilyn Escobar and Ensign Heather Weaver, from the nurse residency program, serve ice cream during the ice cream social in celebration of National Nurses Week.**

### NURSE WEEK — *Continued from page 13*

By the end of the week, the importance of the nurses to NMCP's ability to provide care was apparent.

"Nurses are like moms away from home," said Hospitalman Laquisha Roe from NMCP's Labor and Delivery. "They are people who nurture and take care of you when you can't take care of yourself. I think that they should be honored because they spend a lot of hours in this hospital. Providing health care



Photo by SN Bradley Shadowens

**The most junior commissioned officer, Ensign Carolyn Higgins, and the most senior commissioned officer, Capt. Elizabeth Savage, smile as they make the first cut into the 105th Navy Nurse Corps birthday cake.**

can be a stressful situation, but they always manage to stay strong and they teach us. I love my nurses."

In 1994, the American Nurses Association board of directors designated May 6 - 12 as permanent dates to observe National Nurses Week. On May 13, 1908, the Navy Nurses Corps was established by Congress. Although the nation wraps up Nurses Week each year on Florence Nightingale's birthday, the Navy ends the week on May 13.

## NMCP Celebrates 105 Years of the Navy Nurse Corps

BY DEBORAH KALLGREN  
NMCP Public Affairs

The 105th birthday of the Navy Nurse Corps was celebrated May 13 at Naval Medical Center Portsmouth with a cake-cutting ceremony, recognition of the history of the corps as well as the dedication of all 1,336 nurses at the facility.

In 1908, several members of the first graduating class of the "Sacred Twenty" Navy nurses reported to what was then Portsmouth Naval Hospital. Now, more than a century later, the medical center is home to 1,265 registered nurses and 71 licensed practical nurses. Of those, 424 are active duty in the Navy Nurse Corps; 16 are deployed overseas.

As the ceremony remembered the past, it also looked to the future: Five newly commissioned ensigns were excited to finally celebrate the Navy Nurse Corps

birthday as Navy nurses.

Ensign Leonard Wilson has already been in the Navy for

13 years, attaining the rank of petty officer first class in the Hospital Corps. He had served as a surgical tech at NMCP, with Portsmouth as his first choice for his first duty station as a nurse.

"I like Portsmouth," Wilson said. "It's one of the biggest training hospitals."

A native of Key West, Fla., he hopes to work in PCU – the Progressive Care Unit. Wilson has more education in his future; he's eager to get his Masters Degree.

Portsmouth was also the first-choice destination for Ensign Youela Arrington of Rocky Mount, N.C. She had been a recreational therapist for five years, working in vocational rehabilitation for adults with physical disabilities. Arrington joined the Navy through the Medical Enlisted Commissioning Program, MECP. She hopes to get her Masters Degree through the Duty Under Instruction program,

going to grad school full time while in the Navy.

Ensign Carolyn Higgins' father was in the Navy and while born in San Diego, she grew up in Pennsylvania. She's happy to be in Portsmouth. "I wanted to be part of the 'Big 3' medical centers, she said. Higgins' father died of cancer, which spurred her interest in working in oncology.

Ensign Heather Weaver visited Portsmouth while she was in school at Clemson and liked what she saw at the medical center. A native of Gastonia, N.C., she hopes to work in Labor and Delivery and eventually become a nurse midwife.

Ensign Sarilyn Escobar was born at Naval Hospital Guam, the oldest of seven children. Her father was a Marine and before becoming a Navy nurse, Escobar was a corpsman, a surgical tech, for five years. She advanced through MECP and hopes to work in critical care.

Earlier, NMCP's Director of Nursing, Capt. Mary K. Nunley, told the new

— See **NURSE**, next page



## OFFICER OF THE QUARTER

The Officers of the Fourth Quarter were recognized April 16. From left, Cmdr. Brian Ellis, Senior Nurse Corps; Lt. Cmdr. Lorena Griffin, Senior Medical Service Corps; Lt. Cmdr. Christin Foster, Junior Medical Corps; Lt. j.g. Erin Haffarnan, Junior Nurse Corps; and Lt. James Neipp, Junior Medical Service Corps. Not pictured: Cmdr. Michael Juliano, Senior Medical Corps; Lt. Cmdr. Sean Conley, Medical Corps In-Training; Cmdr. John McLaughlin, Senior Dental Corps; and Lt. Amy Smith, Junior Dental Corps.

During the ceremony, Rear Adm. Elaine C. Wagner, NMCP commander, presented each of them with a command coin and a plaque.



### HEALTHY — *Continued from page 1*

During the four-hour event, a dozen corpsmen staffed six health information tables, which included women's health, tobacco cessation and nutrition, heart health, injury prevention, food safety and the importance of keeping hydrated. Several hundred residents of Portsmouth and neighboring cities turned out for the event, with more than 150 stopping by NMCP's information tables to pick up pamphlets and water bottles and speak with staff.

Hospital Corpsman 3rd Class Angelica Garcia, Wellness



**Rear Adm. Elaine C. Wagner, NMCP commander, and Portsmouth mayor Kenneth Wright, right, lead the 1.5-mile walk along the Portsmouth waterfront.**

### NURSE — *Continued from previous page*

nurses to "Do your best wherever you are" and encouraged each to find a mentor. She spoke to them about seeing the big picture of nursing roles throughout the medical center; if there are more patients in another ward, they may be called to assist.

Nunley, who has been a Navy nurse for 26 years, advised the new nurses to focus on the job and learning the Navy. She also encouraged them to enjoy this stage of their lives and careers because "These are the good old days."

She added that not only will they be caring for patients, but

Department, gave nutrition and smoking cessation information.

"For so many, especially the kids, it's an important message to pass to them when they are young," Garcia said. "I can explain why not to start smoking. It's nice to be out in the community."

"We are instructing the public on staying safe," said Hospitalman Mark Kopley, "including how to prevent injury such as avoiding falls and injury while lifting and how to keep hydrated."

The organizers of the Get Healthy Portsmouth initiative plans to have another event in one year to check the progress of the participants and continue to pass along valuable health information.



**NMCP staff and local residents stop by NMCP's information tables for pamphlets about healthy living.**

they will be training Navy Corpsmen, who, more often than nurses, deploy. "Your job is to prepare corpsmen to go far forward," Nunley added.

The ceremony featured well wishes from Rear Adm. Elaine C. Wagner, NMCP commander, who also read a message from the Surgeon General of the Navy. The ceremony concluded with the most junior commissioned officer, Ensign Carolyn Higgins, and the most senior commissioned officer, Capt. Elizabeth Savage, cutting the festive blue, gold and white cake with a naval officer's sword.



# Civilian of the Quarter



Photo by SN Bradley Shadowens

## David Couto Category I Clinical

While serving as a medical laboratory technician, David Couto discharged a broad range of duties with exceptional skill and unwavering commitment to outstanding patient care.

As the lead technician on the night shift, he provided outstanding oversight for the performance of \$3 million of laboratory equipment.

## Arthur L. Bailey Jr. Category I Administrative

As the Pharmacy Pyxis manager, Arthur L. Bailey demonstrated exceptional leadership while overseeing an automated drug dispensing system that is integral to the entire medical center, with more than 35 dispensing units and approximately 3,000 active users, dispensing more than 500,000 drug dosages each year.

His dedication to process improvement, safety and security has resulted in a 38 percent decrease in discrepancies and improved efficiency in the overall medication management system.



Photos by MC2 (SW) Anna Arndt

## Angela Boone Category II Clinical

As the Primary Care Department clinic manager, Angela Boone's meticulous attention to detail helped providers meet asthma and diabetes goals of 90 and 98 percent, respectively. She effectively utilized templates to improve provider continuity from 48 to 67 percent, exceeding the commands goal of 65 percent. Her team's tireless efforts led to the successful national council for quality assurance certification of the Oceana Medical Home Port team.





## OFFICERS OF THE YEAR

The officers of the year were recognized April 16. Back row from left: Cmdr. John York, Senior Medical Corps; Cmdr. Roger Bunch, Senior Medical Service Corps; Cmdr. Richard Adcock, Senior Dental Corps; and Lt. Cmdr. Brian Ellis, Senior Nurse Corps. Front row from left: Lt. Cmdr. Robin Bennett, Junior Dental Corps; Lt. Micah Kinney, Junior Medical Service Corps; and Lt. j.g. Lisa O'Driscoll, Junior Nurse Corps. Not pictured: Air Force Maj. Jacob Wessler, Junior Medical Corps.

Rear Adm. Elaine C. Wagner, NMCP commander, presented them with a command coin, a certificate and the Navy and Marine Corps Commendation Medal.



Photos by MC2 (SW) Anna Arndt

## CIVILIAN OF THE YEAR

The civilians of the year were recognized April 16, with, from left, Lorraine Kimball, Clinical Category I; David McCarthy, Administrative Category II; and Patricia Peters, Clinical Category II, receiving the Civilian of the Year honors.

Rear Adm. Elaine C. Wagner, NMCP commander, presented each of them with a command coin and a certificate. They also received the Meritorious Civilian Service Medal.



### David R. McCarthy Category II Administrative

As Performance Improvement and Risk Management coordinator, David R. McCarthy restructured the Taproot Process and facilitated a root cause analysis team resulting in process changes to improve patient safety.

Through his vast knowledge of the Joint Commission standards and performance of site visits and tracer rounds, he ensured survey readiness to the Sewells Point Triad, 20 departments within the medical center and the environment of care committee.



## Civilian in the Spotlight

**Benjamin T. Brandt**

**Hometown:** Menasha, Wis.

**Years of Service:** Almost two years civil service. In the Navy for four years at NMCP with NMCP his last duty station during a five-year enlistment.

**Job:** Training Technician

**What do you like most about your job?** Meeting new people.

**What do you do in your off duty time/hobbies?** I am an active member of the NMCP MWR softball and volleyball teams, as well as my local church community.

**Favorite movie:** Die Hard

**Favorite food:** Hot wings

**Anything else interesting about yourself that you would like to tell us?** I am a diehard Green Bay Packers fan.

**Why was he nominated as Civilian in the Spotlight?** “Mr. Brandt’s dedication to his profession, fellow staff members, customers and family has propelled him to succeed personally and professionally,” said Cmdr. William Brooks, Staff Education and Training Department head. “It is this dedication coupled with the results and impact on patient care and the Command’s Strategic Pillars that make him DPE’s Civilian in the Spotlight. Mr. Brandt is a self-starter and stellar performer. He is highly organized, multi-talented, and takes pride in his work. He performs well with minimal supervision and always completes assigned tasks in a highly accurate, effective and timely manner.”



Photos by MC1 (SW/AW) Steven J. Weber



Photos by MC2 (SW) Anna Arndt

## Sailor in the Spotlight

**HM2 Oscar Hernandez**

**Hometown:** Montevideo, Idaho

**Years of Service:** 8 years; 18 months at NMCP

**Job:** Computer Based Training Division Leading petty officer, Command Training Officer Program manager.

**What do you like most about your job?** I enjoy the responsibility of being one of the first faces you see checking into NMCP.

**What do you do in your off duty time/hobbies?** In my off time right now, I am taking English college course so that keeps me plenty busy, but when I’m not working on school or volunteering, I enjoy relaxing watching Regular Show with my son.

**Favorite movie:** Sinister

**Favorite food:** Curry chicken

**Anything interesting about yourself that you would like to tell us?** I enjoy long walks on the beach and Saturday morning cartoons.

**Why was he nominated as Sailor in the Spotlight?** “HM2 Hernandez’s performance has greatly reflected his dependability, work ethic and personal initiative,” said Chief Personnel Specialist Jerry Moretz, department leading chief petty officer. “In his time here at NMCP, he has coordinated 75 instructors for 1,479 newly reporting staff members during Command Orientation, orchestrated 16 Petty Officer Selectee Leadership courses leading to the Sailorization of 354 Sailors E-3 through E-6, and facilitated five Directorate Training Officer training sessions to ensure command competency for Joint Commission compliance.”



## MAY AWARDS

### DEFENSE MERITORIOUS SERVICE MEDAL

Cmdr. Christopher Oudekerk

### MERITORIOUS SERVICE MEDAL

Cmdr. Carlos Martinez

Cmdr. Peter Roberts

HMCM (SCW/SW/AW) Dana Goodwin

### NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Robert Larys

Cmdr. Richard Adcock

Cmdr. Michael Cabassa

Cmdr. Reginald Russell

Cmdr. Gary Walker

Lt. Cmdr. Robin Bennett

Lt. Cmdr. James Fletcher

Lt. Cmdr. Neil Hines

Lt. Cmdr. Eric Hoyer

Lt. Cmdr. Shawn Kase

Lt. Cmdr. Jill Maldarelli-Drey

Lt. Cmdr. Jennifer Rodriguez

Lt. Kim Fisher

Lt. Rick Heckert

Lt. James Neipp

Lt. Eve Potet

DCCS (SW) Matthew Platto

HMC Sean Erhsam

MMC (SW/AW) Anthony King

HM1 (SW) Rebecca Carreon

HM1 Toni Hess

HM1 (SW/AW) Gregory Padgett

### ARMY COMMENDATION MEDAL

Lt. Cmdr. Greg Marty

### JOINT SERVICE ACHIEVEMENT MEDAL

Lt. Cmdr. Alvin G. Garcia

### NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Erik Grossgold

Lt. Cmdr. Kevin Haveman

Lt. Whitney Brock

Lt. Tracey Burney

Lt. Esther Colbert

Lt. Serina Hernandez

Lt. Kedrin Hodges

Lt. Feltonia James

Lt. Luke Krispinsky

Lt. Regina Leasear

Lt. Rachel Nadolsky

Lt. Jackie Williams

Lt. j.g. Andrea Baker

Lt. j.g. Caitlin Bickhart

Lt. j.g. Ryan Blevins

Lt. j.g. Resel Casimiro

Lt. j.g. Logan Manko

YNC (SW/AW) Vivian Favors

HM1 (SW/AW) Mashaun Brown

HM1 (SW/AW) Sarah Coleman

HM1 (SW) Jennifer Muldrew

HM1 (SW/AW) Tanisha Smith

HM1 (SW/AW) Yashonda Strong

HM2 (SW) Monique Baskins

LS2 (SW) Clinton Cobin

HM2 Theo Delorey

CS2 (SW) Victor NunezMarte

HM2 (SW) Kwyanetta Pritchett

HM3 Edward Agbevey

HM3 James Bond

HM3 Andrew Deacon

HM3 Matthew Ferguson

HM3 Nadya Munzo

HM3 Gregory Shrum

HM3 Erika Singleton

HM3 Michael Stone

HN Gabriel Esteves

HN Nicholas Mack

HN Jeffery Moss

HN Wavel Norman

### NATO MEDAL

Capt. Peter Roberts

### MERITORIOUS CIVILIAN SERVICE MEDAL

Renee Femiano



Photos by SN Bradley Shadowens

**The monthly award ceremony on May 16 recognized 26 staff members who received their award from Rear Adm. Elaine C. Wagner, NMCP commander.**

# SHIPMATE OF THE MONTH



Photo by MC1(SW/AW) Steven J. Weber

HM3 LEONARD EBBA, DPE  
HN LUKE AUSTIN, DSS  
HN KYLE BARR, DMS  
HN NYCOH CABRERA, DCSS  
HN CHRISTINA CANNON, DMH

HN ERIC ESTRADA, DNS  
HN BRYAN ALVAREZ, DPC  
IS2 ANGEL JONES, DQM  
HM3 STACY MILLSAPS, DPHS  
ICFN KRISTA VEST, DFA

---

## MAY MENTOR OF THE MONTH

As the leading chief petty officer for seven of the Internal Medicine Department Clinics, Chief Hospital Corpsman (FMF) Rebecca Estridge spends her days working on packages, approving chits and conducting career development boards and training, among many other things.

She also handles a variety of issues

that come up unexpectedly and keeps up with her administrative duties, while tracking the well-being of her Sailors.

She reported to Naval Medical Center Portsmouth in January 2011 after completing a tour at Naval Hospital Jacksonville.

She thinks mentorship is important for junior and senior Sailors and requires all Sailors new to her clinic to find a mentor within six months of reporting.

"The program is good, because it is important for everyone and this command has a lot of those first-term junior corpsmen who need to have those formal mentors," Estridge said. "But we also have those folks who have been in awhile and who might benefit more from an informal mentor."

She says mentoring should

be taken seriously. She looks forward to mentoring because she wants to pay it forward.

"Mentoring is an ongoing training that has value you just can't put a price tag on," Estridge said. "It is a training tool, and I believe training is what keeps our Sailors from becoming stagnant. To be a good mentor, you have to have been mentored."

Estridge is motivated by seeing her Sailors succeed and is currently a mentor for 13 Sailors on board USS San Antonio as part of the CPO 365 Academy.

---

*Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.*



Photos by MC2 (SW) Anna Arndt